<u>Claims</u>

- 1. A magnetic recording medium, comprising a first Co-containing layer and a second Co-containing layer separated by a non-magnetic interlayer and a magnetic interlayer, wherein the magnetic interlayer has a higher magnetic density than that of the first and second Co-containing layers and the magnetic recording medium has Jex of 0.1 erg/cm² or more.
- 2. The magnetic recording medium of claim 1, further comprising a third Co-containing layer.
- 3. The magnetic recording medium of claim 1, wherein the first and second Co-containing layers further comprise Cr, Pt and B.
- 4. The magnetic recording medium of claim 1, wherein the non-magnetic interlayer comprises a Ru-containing layer.
- 5. The magnetic recording medium of claim 1, wherein the magnetic interlayer comprises Co.
- 6. The magnetic recording medium of claim 1, wherein the magnetic recording medium has Jex of 0.11 erg/cm² or more.

- 7. The magnetic recording medium of claim 1, wherein the magnetic recording medium is a longitudinal magnetic recording medium.
- 8. The magnetic recording medium of claim 1, wherein the non-magnetic interlayer is a Ru layer and the magnetic interlayer is a Co layer.
- 9. The magnetic recording medium of claim 8, wherein the magnetic interlayer has a thickness in a range from about 1Å to about 20Å.
- 10. The magnetic recording medium of claim 1, wherein the magnetic recording medium comprises

 $Cr/Cr_{90}W_{10}/Co_{77}Cr_8Pt_7B_8/Co_{64}Cr_{12}Pt_6B_8/Co/Ru/Co_{61}Cr_{15}Pt_{12}B_{12}/C.$

11. A method of manufacturing a magnetic recording medium comprising: depositing a first Co-containing layer on a substrate already coated with seedlayer and/or underlayer to promote appropriate crystallographic orientation and grain structure,

depositing a Co layer on the first Co-containing layer,
depositing a Ru layer on the Co layer and
depositing a second Co-containing layer on the Ru layer,

wherein the Co layer and/or the Ru layer are deposited in a gas environment comprising a moiety selected from the group consisting of Xe, Kr and combinations thereof.

- 12. The method of manufacturing a magnetic recording medium of claim 11, wherein the gas environment has a gas pressure of less than 6 mTorr.
- 13. The method of manufacturing a magnetic recording medium of claim 11, wherein the gas environment has a gas pressure of less than 5 mTorr.
- 14. The method of manufacturing a magnetic recording medium of claim 11, wherein the magnetic recording medium has Jex of 0.1 erg/cm² or more.
- 15. The method of manufacturing a magnetic recording medium of claim 11, wherein the magnetic recording medium has Jex of 0.11 erg/cm² or more.
- 16. The method of manufacturing a magnetic recording medium of claim 11, further comprising depositing a third Co-containing layer between the underlayer and the first Co-containing layer..

- 17. The method of manufacturing a magnetic recording medium of claim 11, wherein the Ru layer has a thickness in a range of about 0.1 to 2 nm.
- 18. The method of manufacturing a magnetic recording medium of claim 11, wherein the thickness of the Co layer is in a range of about 0.1 to 2 nm.
- $19. \qquad \text{The method of manufacturing a magnetic recording medium of claim} \\ 11, \text{ wherein the magnetic recording medium comprises} \\ \text{Cr/Cr}_{90}\text{W}_{10}/\text{Co}_{77}\text{Cr}_{8}\text{Pt}_{7}\text{B}_{8}/\text{Co}_{64}\text{Cr}_{12}\text{Pt}_{6}\text{B}_{8}/\text{Co}/\text{Ru/Co}_{61}\text{Cr}_{15}\text{Pt}_{12}\text{B}_{12}/\text{C}.}$
- 20. A magnetic recording medium, comprising a pair of Co-containing magnetic layers separated by means for improving the anti-ferromagnetic coupling of said pair of Co-containing magnetic layers.